

The Humber Guardian

OCTOBER 2026



The Village of **HUMBER HEIGHTS**

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“Fall feels warmer when wrapped in a hug that feels like home -unknown”



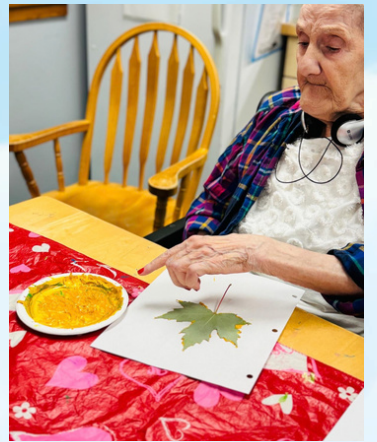
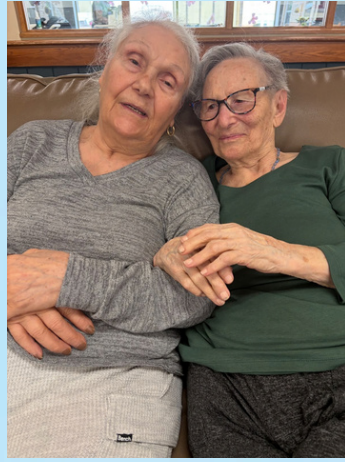
@HumberHeights

vol. 2026 issue 10

PHOTOS FROM AROUND THE VILLAGE



PHOTOS FROM AROUND THE VILLAGE



Happy Birthday *October 2026*

Retirement Home

1st Laura B.
3th Bernice C.
4th Renate R.
6th Edgar P.
7th Ruth T.
10th Fleurette F.
11th Joyce G.
12th Theresa M.
13th Christoph P.
15th Vlasta S.
17th John W.
18th Dorothea E.
18th Brigitte C.
21 William S.
21th John S.
24th Joan W.
27th Joan M.
27th Giuseppe G.
28th Elly Dull.
30th Rita C.

Long Term Care

3rd Filomena L.
4th Stewart R.
10th Benjamin C.
11th Corrado M.
20th Gwendoline H.
25th Marie Y.
25th Stephen A.
26th Helena W.
27th Chandria N.
27th Helen R.
28th Maria M.
31st Consolata C.

The background of the entire page is decorated with various sizes of pink cherry blossoms and petals, some in full bloom and others as single petals.

WELCOME

OUR NEW RESIDENTS

RETIREMENT HOME

Agnes R.
Alessandro O.
Bernice C.
Giuseppe G.
Leslie F.
Maria O.
Marianne K.
Wai H.

LONG TERM CARE

Anthony M.
Dianne C.
Joy K.
Madge E.
Peter M.

SPECIAL EVENTS

OKTOBERFEST LIVE ENTERTAINMENT WITH ANTONELLA

Thursday, October 1st, 2026

2:30PM/Town Square

ACTIVE AGING WEEK

October 5th to 11th, 2026

Please see the posters for the details.

THANKSGIVING DAY-LIVE ENTERTAINMENT WITH ZACK

Monday, October 12th, 2026

2:30PM/Town Square

BIRTHDAY CELEBRATION WITH EMILIO

Sunday, October 18th, 2026

2:30PM/Town Square

MALTA BIG BAND

Sunday, October 25th, 2026

2:30PM/Town Square

ELECTION DAY

Monday, October 26th, 2026

10:00AM/8:00PM-Community Centre

PUB NIGHT WITH NOAH

Tuesday, October 27th, 2026

6:30PM/Town Square

HALLOWEEN PARADE AND PUMPKIN CONTEST

Friday, October 30th, 2026

10:00AM/ 2:30PM/Town Square

OUTINGS



Sign up at the Village office.

Thank you!

CharterAbility-Outing

RH - outing.

Friday, October 2nd, 2026

Departure: 9:30AM

Black Creek Pioneer-outing

LTC and RH -outing.

Tuesday, October 20th, 2026

Departure: 9:30AM

Centennial Park

LTC - Outing

Monday, October 5th, 2026

Departure: 10:00AM

Downey's Farm

RH - outing.

Wednesday, October 21st, 2026

Departure: 9:30AM

Mandarin Lunch Outing

LTC and RH - outing

Friday, October 9th, 2026

Departure: 11:00AM

Downey's Farm

LTC - outing

Tuesday, October 27th, 2026

Departure: 9:30AM

RETIREMENT HOME INDEPENDENT SHUTTLE

Shopping Shuttle service is available every Monday at 2:00PM.

A designated Shopping Shuttle every Thursday at 2:00 PM.



Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Next Meeting:
Wednesday, October 13th, 2026
Time: 2:00 PM
Town Hall

Retirement Food Comittee

Food Committee Meeting

Andressa-Director of Hospitality



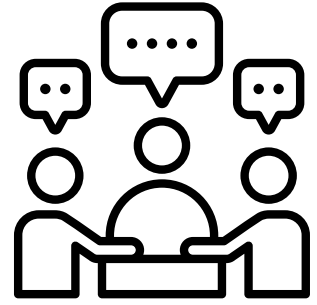
Please see food Committee representatives with your suggestions.
The Food Committee meets every 3rd Friday of the month at 11am.

Alex M.
Connie M.
Irene O.
Judith W.
Maria M.
Thelma C.
Shiela O.
Susan W.

Long Term Care Resident Council



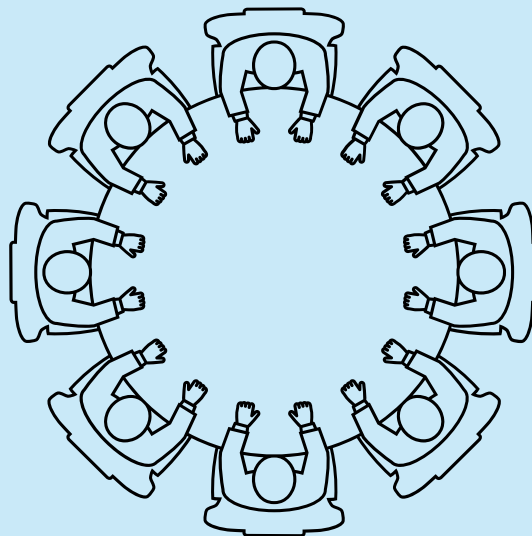
Join Resident Council Meeting
Long Term Care



Next Meeting:
Date: October 15th, 2026
Time: 3:00PM
Location: LTC Library

Long Term Care Family Council

If you would like to join the Long Term Care Family Council
please email braidam1405@gmail.com.





PROGRAM FOR ACTIVE LIVING

OCT
'26



Hello everyone, my name is Taylor and I'm the new PAL student on LTC until the end of 2026! You may have seen me throughout the neighbourhoods leading different workout classes, and I hope to continue meeting new people with each visit. I'm so excited to continue getting to know the staff, residents, and families at Humber Heights as they have been more than welcoming these past few weeks.

I'm entering my third year of kinesiology at the University of Waterloo and am super excited to have a chance to apply and develop everything I've learned so far, and work alongside such compassionate staff. Everyone I have met so far has shown me what it means to be a community, and I can't wait to see what the next few months bring.

Outside of school I love puzzles, listening to music, and dancing, which has played a big part in my love for movement. I've found so many new dance partners and am always looking for music requests for classes and one-on-ones. There has been so much support for me joining the PAL team, and I'm so excited to continue meeting the rest of the Humber Heights community.

Best wishes for the upcoming fitness challenges and holiday season!

Warm regards,
Taylor Ritchie
PAL Student



ACTIVE AGING



OCTOBER 5 - 11

MONDAY
OCT 5

ACTIVE AGING PRESENTATION AND ZUMBA

10:00-10:30 Zumba w/Ana in Townhall
10:30-11:00 Active Aging Week Kickoff
Presentation w/ Dagmara

TUESDAY
OCT 6

MOVEMENT BINGO

2pm Wadsworth (LTC Only) w/ Alicia

FRIDAY
OCT 9

WALKING GROUP

Meet at 11am in the Town Square

ALL WEEK
OCT 5-11

NUSTEP CHALLENGE

Join us in the PAL room on the Nustep bikes, the person with the most steps all week wins a prize!

THURSDAY
OCT 15

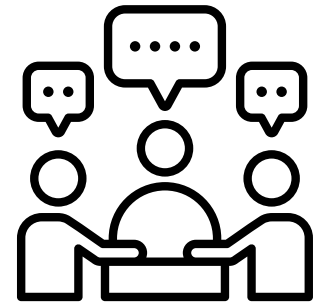
AQUATIC FITNESS- ARTHRITIS

1:30pm - We'll be going to a local pool (Gus Ryder) to attend a aquatic fitness class - sign up with Emma



FAMILY COUNCIL

January 20th, 2027
6:30PM/Community Centre



What is the Family Council?

The Family Council provides a welcoming space for families and friends of residents to:

- Share experiences and information
- Learn from one another
- Discuss concerns and ideas
- Support and advocate for residents
- Promote open communication and collaboration

The council is made up of family members and significant individuals in residents' lives. It works together with the Village of Humber Heights team to help enhance the quality of life, services, and care provided to residents.

Why Join?

By joining the Family Council, you will have the opportunity to:

- Stay informed about important updates
- Participate in meaningful discussions
- Connect with other families
- Share feedback and suggestions
- Support positive resident experiences

We encourage all interested family members and loved ones to attend and learn more about how you can get involved.

For more information, please contact:

Aeron Magcawas Director of Recreation or Charles Mariakan RSW

Aeron.magcawas@schlegelvillages.com; Charles.mariakan@schlegelvillages.com

CQI Initiative Report 2026-2027

The Continuous Quality Improvement (CQI) Initiative Report for 2025-2026 is now available on our website. To view it, please scroll to the bottom of the Schlegel Villages website, click on LTC Communications and find it under "The Village of Humber Heights". It details quality improvements made within the Village in the previous year as well as outlines plans for current and future initiatives.

For any questions, please email the Director of Quality & Innovation at mithila.vidwans@schlegelvillages.com

ST JOHN'S



ENGLAND



ELMIRA



OTTAWA



Let's take a moment
to slow down, and to listen together.



Documentary screening:

The GREEN BENCH

The Green Bench brings us into conversations that are deeply personal and universally human, reminding us of the power found in simply making space for one another.

Join us

Friday, October 2

7p.m. 506 Bloor Street West, Toronto
Hot Docs Ted Rogers Cinema

TICKETS
Q&A



Join us at 8:30p.m. for Q&As
with Director Sarah Fodey

Sand Bay
ENTERTAINMENT

SCHLEGEL VILLAGES

hotdocs
OUTSPOKEN. OUTSTANDING.



ON-SITE OPTOMETRY CLINIC EYE EXAM

@ HUMBER HEIGHTS

DATE: OCT. 6, 2026

Our Service Includes:

- Complete eye examinations on site
- Full assortment of eyewear needs
- Prescriptions filled onsite
- Customized service - no outside appointments



**ON-SITE
SPECIALISTS**

Toll Free: 1 (800) 556-1762

Local: (905) 326-9900

consult@onsitespecialists.com

HAPPY HOUR



3PM-4PM

MONTGOMERY'S PUB AND CAFE

**Bring your cash, sip your drink and
enjoy the day!**



Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging's (RIA) expert insights on [demystifying depression in older adults](#).



REMEMBERING RON

— *Our father, our founder, our friend.* —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

Humber Heights Extension List

LTC - 416-235-2782 • RH - 416-235-0201

Email Example: Firstname.lastname@schlegelvillages.com

Laurie Wolf -General Manager	6802
Shawn Fenlong -Assistant General Manager - LTC	6851
Assistant General Manager - RH	6876

Paula Stephenson RETIREMENT Front Desk	6801
Monica Zuniga - LONG TERM CARE-Front Desk	6844
Subrina Poonai -Administrative Coordinator	6892

Neighbourhood Coordinators LTC:

Abby Bello -Alderwood & Islington Coordinator- LTC	6843
Sangita Adhikari -Brule & Weston Coordinator-LTC	6811
Denise Walker -Lambton & Wadsworth Coordinator-LTC	6834

Neighbourhood Coordinators RH:

Sumeya Osman -Director of Wellness	6833
-Assistant Director of Wellness	1088
Adelina Oliveira -Emma's Coordinator	6830
Nathan Castaneda Williamsburg Coordinator	6803
Carmelita Velasquez -Egerton Coordinator	1089

Kawaljeet Kaur -Director of Nursing Care - LTC	6835
Charge Nurse Retirement	5400
Charge Nurse Long Term Care	5505

Aeron Magcawas -Director of Recreation - LTC	6860
Asha Poonai -Recreation Supervisor - RH	6837

Harmanpreet Kaur -Food Services Manager - LTC	6846
Andressa Bueno -Director of Hospitality - Retirement	6847
Tanya Bradbury -Director of Environment Services	6974
Lukesh Sharma -Assistant Director of Environment Services	6974

Dagmara Klisz -Director of Program for Active Living	6877
Alicica Siracusa -PAL Coordinator - LTC	6877
Emma Donnelly -PAL Coordinator - Retirement	6875
Naveen -Physiotherapist	6809
Tanya Dorsay -Foot Nurse	647 832 7974
Pamela Chand -Student/Volunteer Coordinator	1842
Charles Mariakan -Social Worker	5410
Bobo Delo -Village Spiritual Leader	6890
Marta Czepielewski -Director of Lifestyle Options	6858
Karleigh Herd - Director of Lifestyle Options	6858
Saskhia Mohabi -Village Experience Co-Ordinator	6858
Joanne Hernandez Resident Support Coordinator - LTC	5410
Eleanor -Hairdresser Salon	1814